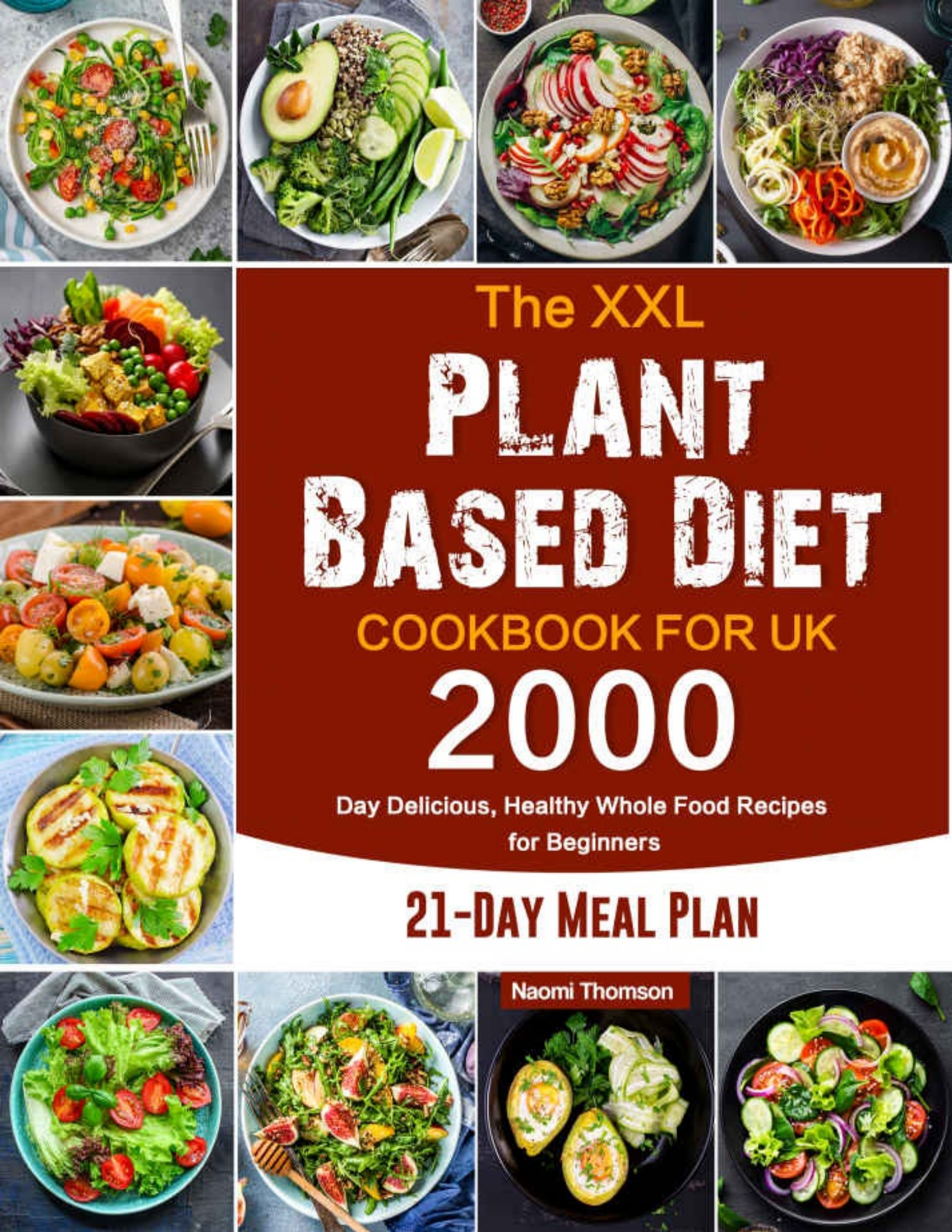

The XXL PLANT BASED DIET COOKBOOK FOR UK 2000

Day Delicious, Healthy Whole Food Recipes for Beginners

21-DAY MEAL PLAN

Naomi Thomson

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WHAT IS A PLANT-BASED DIET?

What are the benefits of eating a plant-based diet, and how can you make sure it's healthy and balanced? Our nutritionist shares her top tips...

A plant-based diet is any diet that focuses around foods derived from plant sources. This can include fruit, vegetables, grains, pulses, legumes, nuts and meat substitutes such as soy products.

People often have different interpretations of what ‘plant-based’ eating looks like. Some people still include small amounts of animal products such as meat and fish, while focusing mainly on vegetarian foods – this is referred to as a semi-vegetarian or flexitarian diet. Plans that cut out meat but still include fish are referred to as pescatarian diets. People who don’t eat meat or fish but still include dairy and eggs are referred to as vegetarian, while those who cut out any animal derived products, including dairy, eggs, honey and gelatin are referred to as vegan.

People following plant-based diets and consuming a wide variety of fruits, vegetables and pulses are likely to find it easier to meet their five-a-day target. Due to this, they are also likely to have good intakes of fibre and the vitamins and minerals that are present in fruit and vegetables, including folate, vitamin C and potassium, all of which are important for good health.

However, it is worth noting that ‘plant-based’ does not automatically mean ‘healthy’, particularly when it comes to processed and packaged foods. Technically, products such as refined sugar, white flour and certain vegetable fats can all be labelled ‘plant-based’ as they are vegetarian, but this does not mean that they should make up the bulk of a healthy diet.

ARE PLANT-BASED DIETS HEALTHY?

Plant-based diets including vegan diets can be healthy, as long as they are balanced and nutritionally adequate. When followed consistently, a well-balanced, plant-based diet that focuses on wholegrains, fruit, vegetables, legumes, nuts and seeds may provide health benefits. These include a lower body mass index (BMI), lower cholesterol levels and a reduced incidence of chronic diseases including type

2 diabetes, heart disease and even protection from some cancers including prostate and breast cancer.

Like any diet, the health benefits are dependent on the quality and nutritional adequacy of the diet – this means replacing refined, typically ‘white’ carbohydrates with wholegrains, avoiding sugary, sweetened drinks and confectionery and focusing on good quality plant-based protein and fats, such as those found in nuts and seeds.

HOW CAN THOSE FOLLOWING PLANT-BASED DIETS ENSURE THEY'RE GETTING ALL THE NUTRIENTS THEY NEED?

When following a plant-based diet there are some key nutrients that you should focus on. These include protein, vitamin B12, the vitamins and minerals needed for bone health including calcium and vitamin D as well as the essential omega-3 fatty acids. Certain nutrients are not found very easily in plant foods, including vitamin D and B12 as well as omega-3 fatty acids. These may need to be sourced from fortified foods such as fortified plant milks, spreads and cereals. If you are considering taking a supplement to support your nutritional intake, discuss this with your GP or doctor first.

WHAT ARE YOUR TOP TIPS TO FOLLOW A BALANCED, PLANT-BASED DIET?

Those following a plant-based diet may need to plan their meals a little more carefully. Arming yourself with some dietary information can make all the difference. You might find it useful to read our guides on vegetarian sources of protein, where you can obtain vitamin B12 as well as the best plant sources of omega-3.

If you are significantly changing your diet, it may be useful to start slowly – perhaps introducing two or three plant-based meals, or days, a week. This allows your body to adapt to new foods and to the changes in the proportion of certain nutrients, such as fibre. It also allows you to experiment with new foods and build up some storecupboard staples over a period of time.

21-Day Meal Plan

Meal Plan	Breakfast	Lunch	Dinner
Day-1	Sweet Kiwi Oatmeal Bars	Broccoli And Rice Stir Fry	Mushroom Steaks
Day-2	Spinach Artichoke Quiche	Potato And Corn Chowder	Sweet Potato And Peanut Soup With Baby Spinach
Day-3	Sweet Potato Smoothie	Baked Potatoes & Asparagus & Pine Nuts	Smoky Coleslaw
Day-4	Cherry And Poppy Seed Muffins	Indonesian Vegetable Stew	Kale And Cauliflower Salad
Day-5	Potato Skillet Breakfast	Roasted Cauliflower With Herbs	Eggplant, Onion And Tomato Stew
Day-5	Nutty Morning Bread Pudding	Creamy Pumpkin And Toasted Walnut Soup	Squash Salad
Day-7	Oatmeal Raisin Breakfast Cookie	French Onion Pastry Puffs	Savory Pasta Salad With Cannellini Beans
Day-8	Coconut Granola With Prunes	Sautéed Zucchini With Herbs	Easy Tofu Hollandaise
Day-9	Mixed Berry Smoothie	Pomegranate And Walnut Stew	Roasted Rosemary Potatoes
Day-10	Scrambled Tofu With Bell Pepper	Zesty Black Bean Soup	The Great Green Salad
Day-11	Tomato Tofu Scramble	Smoky Coleslaw	Nacho Stuffed Button Mushrooms
Day-12	Peanut Butter Protein Smoothie	Garbanzo Quesadillas With	‘sweet Tang’ And Chia Smoothie

		Salsa	
Day-13	Maple-pumpkin Cookies	Mediterranean Quinoa Salad	Swiss Chard & Pecan Stuffed Mushrooms
Day-14	Chocolate Granola	Pecan Rice	Mediterranean Chickpeas With Vegetables
Day-15	Black Bean And Corn Salad With Cilantro Dressing	Classic Cream Of Broccoli Soup	Cobb Salad With Portobello Bacon
Day-16	Coconut-peanut Chickpeas And Vegetables	Carrot & Cabbage Salad With Avocado & Capers	Chocolate Mousse Cake
Day-17	Quinoa And Chickpeas Salad	Nooch Popcorn	Hummus Quesadillas
Day-18	Classic Avocado Tartines	Spanish Gazpacho	Black Beans And Rice
Day-19	Teff Porridge With Dried Figs	Five-spice Farro	Cuban-style Millet
Day-20	Grilled Tofu Mayo Sandwiches	Coconut And Almond Truffles	Scrambled Tofu With Bell Pepper
Day-21	Three-bean Cassoulet	Fruit And Almond Crisp	Sesame

BREAKFASTS RECIPES

Sweet Kiwi Oatmeal Bars

Servings:12
Cooking Time:50 Minutes

Ingredients:

- 2 cups uncooked rolled oats
- 2 cups all-purpose flour
- 1 ½ cups pure date sugar
- 1 ½ tsp baking soda
- ½ tsp ground cinnamon
- 1 cup plant butter, melted
- 4 cups kiwi, chopped
- ¼ cup organic cane sugar
- 2 tbsp cornstarch

Directions:

1. Preheat oven to 380 F. Grease a baking dish.
2. In a bowl, mix the oats, flour, date sugar, baking soda, salt, and cinnamon. Put in butter and whisk to combine. In another bowl, combine the kiwis, cane sugar and cornstarch until the kiwis are coated. Spread 3 cups of oatmeal mixture on a greased baking dish and top with kiwi mixture and finally put the remaining oatmeal mixture on top. Bake for 40 minutes. Allow to cool and slice into bars.

Spinach Artichoke Quiche

Servings: 4
Cooking Time: 55 Minutes

Ingredients:

- 14 oz tofu, soft
- 14 oz of artichokes, chopped
- 2 cups spinach
- ½ of a large onion, peeled, chopped
- 1 lemon, juiced
- 1 teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 teaspoon dried basil
- ½ teaspoon turmeric
- 1 tablespoon coconut oil
- 1 teaspoon Dijon mustard
- ½ cup nutritional yeast
- 2 large tortillas, cut into half

Directions:

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Take a pie plate, grease it with oil, place tortilla to cover the bottom and sides of the plate and bake for 10 to 15 minutes until baked.
3. Meanwhile, take a large pan, place it over medium heat, add oil and when hot, add onion and cook for 5 minutes.
4. Then add garlic, cook for 1 minute until fragrant, stir in spinach and cook for 4 minutes until the spinach has wilted, set aside when done.
5. Place tofu in a food processor, add all the spices, yeast, and lemon juice and pulse for 2 minutes until smooth.
6. Then add cooked onion mixture and artichokes, blend for 15 to 25 times until combined, and then pour the mixture over crust in the pie plate.
7. Bake quiche for 45 minutes until done, then cut it into wedges and serve.

Nutrition:

- InfoCalories: 100.3 Cal ;Fat: 4.7 g :Carbs: 5 g ;Protein: 9.3 g ;Fiber: 0.7 g

Sweet Potato Smoothie

Servings: 1
Cooking Time: 0 Minute

Ingredients:

- 1/2 cup frozen zucchini pieces
- 1 cup cubed cooked sweet potato, frozen
- 1/2 frozen banana
- 1/2 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1 scoop of vanilla protein powder
- 1/4 teaspoon nutmeg
- 1 tablespoon almond butter
- 1 1/2 cups almond milk, unsweetened

Directions:

1. Place all the ingredients in the order in a food processor or blender and then pulse for 2 to 3 minutes at high speed until smooth.
2. Pour the smoothie into a glass and then serve.

Nutrition:

- InfoCalories: 235 Cal ;Fat: 9.2 g :Carbs: 24 g ;Protein: 14.6 g ;Fiber: 2.4 g

Cherry And Poppy Seed Muffins

Servings:2
Cooking Time: 30 Minutes

Ingredients:

- Dry
- 1 cup (120 g) raw buckwheat flour
- 1 ¼ cup oatmeal (155 g) oatmeal
- 2 tablespoons poppy seeds
- 2 teaspoons cinnamon
- ½ teaspoon cardamom
- 2 teaspoons baking powder
- Wet
- 10 chopped figs
- A little more than 1 cup (260 ml) of vegetable milk, without sugar
- 2 ripe bananas
- 2 heaped tablespoons unsweetened applesauce
- 2 tablespoons peanut butter
- 1 pinch of sea salt (optional)
- ½ cup (50 g) dark chocolate (at least 70% cocoa), chopped
- 24 fresh or frozen cherries

Directions:

1. Preheat the oven to 180 ° C (355 ° F).
2. Cut the figs and soak them in vegetable milk for at least 30 minutes. If you want to dip it further, put it in the refrigerator.
3. While the figs are soaked, chop the chocolate and place it aside. Put all other dry ingredients in a bowl. Put the figs and milk into the mixer. Add all remaining wet ingredients and mix until smooth.
4. Pour the wet mixture over the dry ingredients and mix well. Make sure there are no lumps. Add chopped chocolate.
5. The mold is filled with 12 muffins (molded using silicon) with a lump and finally hits two cherries in each muffin.
6. Bake for 25-30 minutes. Allow it to cool a little before trying to remove it from the mold.

Potato Skillet Breakfast

Servings: 5
Cooking Time: 15 Minutes

Ingredients:

- 1 ½ cup cooked black beans
- 1 1/4 pounds potatoes, diced
- 12 ounces spinach, destemmed
- 1 1/4 pounds red potatoes, diced
- 2 small avocados, sliced, for topping
- 1 medium green bell pepper, diced
- 1 jalapeno, minced
- 1 large white onion, diced
- 1 medium red bell pepper, diced
- 3 cloves of garlic, minced
- 1/2 teaspoon red chili powder
- 1/4 teaspoon salt
- 1 teaspoon cumin
- 1 tablespoon canola oil

Directions:

1. Switch on the oven, then set it to 425 degrees F and let it preheat.
2. Meanwhile, take a skillet pan, place it over medium heat, add oil and when hot, add potatoes, season with salt, chili powder, and cumin, stir until mixed and cook for 2 minutes.
3. Transfer pan into the oven and roast potatoes for 20 minutes until cooked, stirring halfway through.
4. Then add remaining onion, bell peppers, garlic, and jalapeno, continue roasting for another 15 minutes, stirring halfway, and remove the pan from heat.
5. Transfer pan over medium heat, cook for 5 to 10 minutes until potatoes are thoroughly cooked, then stir spinach and beans and cook for 3 minutes until spinach leaves have wilted.
6. When done, top the skillet with cilantro and avocado and then serve.

Nutrition:

- InfoCalories: 198.6 Cal ;Fat: 7 g :Carbs: 32 g ;Protein: 3.8 g ;Fiber: 4.4 g

Nutty Morning Bread Pudding

Servings: 6
Cooking Time:2 Hours 10 Minutes

Ingredients:

- 1 ½ cups almond milk
- 1/2 cup maple syrup
- 2 tablespoons almond butter
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/3 teaspoon kosher salt
- 1/2 cup almonds, roughly chopped
- 4 cups day-old white bread, cubed

Directions:

1. In a mixing bowl, combine the almond milk, maple syrup, almond butter, vanilla extract, almond extract and spices.
2. Add the bread cubes to the custard mixture and stir to combine well. Fold in the almonds and allow it to rest for about 1 hour.
3. Then, spoon the mixture into a lightly oiled casserole dish.
4. Bake in the preheated oven at 350 degrees F for about 1 hour or until the top is golden brown.
5. Place the bread pudding on a wire rack for 10 minutes before slicing and serving. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 463; Fat: 6.2g; Carbs: 83g; Protein: 11.4g

Oatmeal Raisin Breakfast Cookie

Servings：2
Cooking Time： 15 Minutes

Ingredients:

- ½ cup rolled oats
- 1 tablespoon whole-wheat flour
- ½ teaspoon baking powder
- 1 to 2 tablespoons brown sugar
- ½ teaspoon pumpkin pie spice or ground cinnamon (optional)
- ¼ cup unsweetened applesauce, plus more as needed
- 2 tablespoons raisins, dried cranberries, or vegan chocolate chips

Directions:

1. Preparing the Ingredients.
2. In a medium bowl, stir together the oats, flour, baking powder, sugar, and pumpkin pie spice (if using). Stir in the applesauce until thoroughly combined. Add another 1 to 2 tablespoons of applesauce if the mixture looks too dry (this will depend on the type of oats used).
3. Shape the mixture into 2 cookies.
4. Bake
5. Put them on a microwave-safe plate and heat them on high power for 90 seconds. Alternatively, bake on a small tray in a 350°F oven or toaster oven for 15 minutes. Let it cool slightly before eating.

Nutrition:

- InfoPer Serving： (2 cookies) Calories: 175; Protein: 74g; Total fat: 2g; Saturated fat:0g; Carbohydrates: 39g; Fiber: 4g

Coconut Granola With Prunes

Servings: 10
Cooking Time:1 Hour

Ingredients:

- 1/3 cup coconut oil
- 1/2 cup maple syrup
- 1 teaspoon sea salt
- 1/4 teaspoon grated nutmeg
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon vanilla extract
- 4 cups old-fashioned oats
- 1/2 cup almonds, chopped
- 1/2 cup pecans, chopped
- 1/2 coconut, shredded
- 1 cup prunes, chopped

Directions:

1. Begin by preheating your oven to 260 degrees F; line two rimmed baking sheets with a piece of parchment paper.
2. Then, thoroughly combine the coconut oil, maple syrup, salt, nutmeg, cinnamon and vanilla.
3. Gradually add in the oats, almonds, pecans and coconut; toss to coat well.
4. Spread the mixture out onto the prepared baking sheets.
5. Bake in the middle of the oven, stirring halfway through the cooking time, for about 1 hour or until golden brown.
6. Stir in the prunes and let your granola cool completely before storing. Store in an airtight container.
7. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 420; Fat: 15.2g; Carbs: 64.3g; Protein: 11.6g

Mixed Berry Smoothie

Servings: 1
Cooking Time: 0 Minute

Ingredients:

- 1/2 cup frozen raspberries
- 1/2 cup frozen blueberries
- 1/2 cup frozen strawberries
- 1 cup spinach
- 1 scoop of vanilla protein powder
- 1/2 frozen banana
- 1 3/4 cups almond milk, unsweetened

Directions:

1. Place all the ingredients in the order in a food processor or blender and then pulse for 2 to 3 minutes at high speed until smooth.
2. Pour the smoothie into a glass and then serve.

Nutrition:

- InfoCalories: 100 Cal ;Fat: 100 g :Carbs: 100 g ;Protein: 100 g ;Fiber: 100 g

Scrambled Tofu With Bell Pepper

Servings:4
Cooking Time:20 Minutes

Ingredients:

- 2 tbsp plant butter, for frying
- 1 (14 oz) pack firm tofu, crumbled
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 tomato, finely chopped
- 2 tbsp chopped fresh green onions
- Salt and black pepper to taste
- 1 tsp turmeric powder
- 1 tsp Creole seasoning
- ½ cup chopped baby kale
- ¼ cup grated plant-based Parmesan

Directions:

1. Melt the plant butter in a large skillet over medium heat and add the tofu. Cook with occasional stirring until the tofu is light golden brown while making sure not to break the tofu into tiny bits but to have scrambled egg resemblance, 5 minutes.
2. Stir in the bell peppers, tomato, green onions, salt, black pepper, turmeric powder, and Creole seasoning. Sauté until the vegetables soften, 5 minutes. Mix in the kale to wilt, 3 minutes and then, half of the plant-based Parmesan cheese. Allow melting for 1 to 2 minutes and then turn the heat off. Top with the remaining cheese and serve warm.

Tomato Tofu Scramble

Servings: 3
Cooking Time:15 Minutes

Ingredients:

- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 12 ounces extra-firm tofu
- 1 medium-sized tomato, diced
- 2 tablespoons nutritional yeast
- Kosher salt and ground black pepper, to taste
- 1/2 teaspoon red pepper flakes, crushed
- A pinch of seaweed flakes
- 3 tablespoons soy milk, unsweetened
- 1 medium-sized avocado, pitted, peeled and sliced

Directions:

1. Heat the olive oil in a nonstick skillet over a moderate flame. Then, sauté the garlic, tofu and tomato, crumbling the tofu with a fork, for about 8 minutes
2. Add in the nutritional yeast, salt, black pepper, red pepper, seaweed flakes and soy milk. Continue to sauté an additional 2 minutes.
3. Divide the scramble between three serving plates, garnish with avocado and serve. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 399; Fat: 29.4g; Carbs: 17.3g; Protein: 23.3g

Peanut Butter Protein Smoothie

Servings: 4
Cooking Time: 1 Minute

Ingredients:

- 2 cups kale
- 2 tablespoons hemp seeds
- 1 frozen banana
- 2 tablespoons cacao powder, unsweetened
- 1 tablespoon peanut butter
- 1 scoop vanilla protein powder
- 1 cup almond milk, unsweetened
- 2/3 cup water
- 2 cups of ice cubes

Directions:

1. Add all the ingredients in the order into a food processor and blender and then pulse for 1 to 2 minutes until blended.
2. Distribute the smoothie among glasses and then serve.

SNACKS & DESSERTS RECIPES

Sesame

Servings：3
Cooking Time： 12 Minutes

Ingredients:

- ¾ cup vegan margarine, softened
- ½ cup light brown sugar
- 1 teaspoon pure vanilla extract
- 2 tablespoons pure maple syrup
- ¼ teaspoon salt
- 2 cups whole-grain flour
- ¾ cup sesame seeds, lightly toasted

Directions:

1. Preparing the Ingredients
2. In a large bowl, cream together the margarine and sugar until light and fluffy. Blend in the vanilla, maple syrup, and salt. Stir in the flour and sesame seeds and mix well.
3. Roll the dough into a cylinder about 2 inches in diameter. Wrap it in plastic wrap and refrigerate for 1 hour or longer. Preheat the oven to 325°F.
4. Slice the cookie dough into 1⁄8-inch-thick rounds and arrange on an ungreased baking sheet about 2 inches apart.
5. Bake
6. Bake until light brown for about 12 minutes. When completely cool, store in an airtight container.

Fudgy Brownies (pressure Cooker)

Servings: 4-6
Cooking Time: 5 Minutes

Ingredients:

- 3 ounces dairy-free dark chocolate
- 1 tablespoon coconut oil or vegan margarine
- ½ cup applesauce
- 2 tablespoons unrefined sugar
- ⅓ cup all-purpose flour
- ½ teaspoon baking powder
- Pinch salt

Directions:

1. Preparing the Ingredients. Put a trivet in your electric pressure cooker's cooking pot and pour in a cup or two of two of water. Select Sauté or Simmer. In a large heat-proof glass or ceramic bowl, combine the chocolate and coconut oil. Place the bowl over the top of your pressure cooker, as you would a double boiler. Stir occasionally until the chocolate is melted, then turn off the pressure cooker. Stir the applesauce and sugar into the chocolate mixture. Add the flour, baking powder, and salt and stir just until combined. Pour the batter into 3 heat-proof ramekins. Put them in a heat-proof dish and cover with aluminum foil. Using a foil sling or silicone helper handles, lower the dish onto the trivet. (Alternately, cover each ramekin with foil and place them directly on the trivet, without the dish.)
2. High pressure for 6 minutes. Close and lock the lid and ensure the pressure valve is sealed, then select High Pressure and set the time for 5 minutes.
3. Pressure Release. Once the cook time is complete, quick release the pressure. Once all the pressure has released, carefully unlock and remove the lid.
4. Let cool for a few minutes before carefully lifting out the dish, or ramekins, with oven mitts or tongs. Let cool for a few minutes more before serving.
5. Top with fresh raspberries and an extra drizzle of melted chocolate.

Nutrition:

- InfoPer Serving : Calories 316; Total fat: 14g; Protein: 5g; Sodium: 68mg; Fiber: 5g

Homemade Seedy Bars

Servings:6
Cooking Time:55 Minutes

Ingredients:

- ¾ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup sesame seeds
- ¼ cup poppy seeds
- 1 tsp minced garlic
- 1 tsp tamari sauce
- 1 tsp vegan Worcestershire sauce
- ½ tsp ground cayenne pepper
- ½ tsp dried oregano

Directions:

1. Preheat oven to 320 F. Line with parchment paper a baking sheet.
2. Mix the pumpkin seeds, sunflower seeds, sesame seeds, poppy seeds, garlic, tamari, Worcestershire sauce, cayenne, oregano, and ½ cup water in a bowl. Spread on the baking sheet and bake for 25 minutes. Turn the seeds and bake for another 20-25 minutes. Allow to cool before slicing into bars.

Maple-pumpkin Cookies

Servings:12
Cooking Time:70 Minutes

Ingredients:

- 2-pound pumpkin, sliced
- 3 tbsp melted coconut oil, divided
- 1 tbsp maple syrup
- 1 cup whole-wheat flour
- 2 tsp baking powder Sea salt to taste

Directions:

1. Preheat oven to 360 F.
2. Place the pumpkin in a greased tray and bake for 45 minutes until tender. Let cool before mashing it.
3. Mix the mashed pumpkin, 1 ½ tbsp of coconut oil and maple syrup in a bowl.
4. Combine the flour and baking powder in another bowl. Fold in the pumpkin mixture and whisk with a fork until smooth.
5. Divide the mixture into balls. Arrange spaced out on a lined with parchment paper baking sheet; flatten the balls until a cookie shape is formed. Brush with the remaining melted coconut oil. Bake for 10 minutes, until they rise and become gold. Serve cooled.

Coconut And Almond Truffles

Servings：8
Cooking Time： 0 Minutes

Ingredients:

- 1 cup pitted dates
- 1 cup almonds
- ½ cup sweetened cocoa powder, plus extra for coating
- ½ cup unsweetened shredded coconut
- ¼ cup pure maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- ¼ teaspoon sea salt

Directions:

1. Preparing the Ingredients.
2. In the bowl of a food processor, combine all the ingredients and process until smooth. Chill the mixture for about 1 hour.
3. Finish and Serve
4. Roll the mixture into balls and then roll the balls in cocoa powder to coat. Serve immediately or keep chilled until ready to serve.

Melon Chocolate Pudding

Servings:4
Cooking Time:25 Minutes

Ingredients:

- 1 cup cubed melon
- 4 tbsp non-dairy milk
- 2 tbsp unsweetened cocoa powder
- 2 tbsp pure date sugar
- ½ ripe avocado

Directions:

1. Blitz the milk, cocoa powder, sugar, and avocado in a blender until smooth. Mash the melon with a fork in a bowl. Mix in the cocoa mixture and serve.

Garbanzo Quesadillas With Salsa

Servings:4
Cooking Time:15 Minutes

Ingredients:

- 1 (15.5-oz) can garbanzo beans, mashed
- 2 tbsp canola oil
- 1 tsp chili powder
- 8 whole-wheat flour tortilla wraps
- 1 cup tomato salsa
- ½ cup minced red onion

Directions:

1. Warm the canola oil in a pot over medium heat. Place in mashed garbanzo and chili powder, cook for 5 minutes, stirring often. Set aside.
2. Heat a pan over medium heat. Put one tortilla in the pan and top with ¼ each of the garbanzo spread, tomato salsa and onion. Cover with other tortilla and cook for 2 minutes, flip the quesadilla and cook for another 2 minutes until crispy. Repeat the process with the remaining tortillas. Slice and serve.

Nacho Stuffed Button Mushrooms

Servings: 5
Cooking Time:25 Minutes

Ingredients:

- 1 cup tortilla chips, crushed
- 1 cup canned or cooked black beans, drained
- 4 tablespoons vegan butter
- 2 tablespoons tahini
- 4 tablespoons scallions, chopped
- 1 teaspoon garlic, minced
- 1 jalapeno, chopped
- 1 teaspoon Mexican oregano
- 1 teaspoon cayenne pepper
- Sea salt and ground black pepper, to taste
- 15 medium button mushrooms, cleaned, stalks removed

Directions:

1. Thoroughly combine all the ingredients, except for the mushrooms, in a mixing bowl.
2. Divide the nacho mixture between your mushrooms.
3. Bake in the preheated oven at 350 degrees F for about 20 minutes or until tender and cooked through. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 210; Fat: 13.4g; Carbs: 17.7g; Protein: 6.9g

Chocolate Granola

Servings: 12
Cooking Time: 60 Minutes

Ingredients:

- ¼ t. sea salt
- ¼ c. of the following:
- hot water
- cocoa powder
- 1/3 c. of the following:
- coconut oil
- maple syrup, sugar-free
- ½ c. of the following:
- almond butter
- almond flour
- cashews, chopped
- 1 c. mixed seeds (flaxseed, sesame, sunflower, pumpkin)
- 2 c. coconut, flaked
- 2/3 c. almonds, flaked

Directions:

1. Bring the oven to 300 heat setting.
2. In a little bowl, mix cocoa and hot water to form a thick paste.
3. Next, add to the little bowl the coconut oil, maple syrup, nut butter, and salt; mix until combined thoroughly.
4. In a big bowl, mix the almond meal, coconut flakes, seeds, and nuts.
5. Transfer the chocolate mixture to the big bowl and combine well.
6. Using a parchment-lined cookie sheet, spread out the granola mixture.
7. Bake for 40 minutes or until firm.
8. Allow to completely cool on the parchment.
9. Once cool, crumble to your desired liking and enjoy.

Coconut And Blueberries Ice Cream

Servings: 4
Cooking Time: 0 Minutes

Ingredients:

- 1/4 Cup Coconut Cream
- 1 Tbsp. Maple Syrup
- ¼ Cup Coconut Flour
- 1 Cup Blueberries
- ¼ Cup Blueberries For Topping

Directions:

1. Put ingredients into food processor and mix well on high speed.
2. Pour mixture in silicon molds and freeze in freezer for about 2-4 hours.
3. Once balls are set remove from freezer.
4. Top with berries.
5. Serve cold and enjoy!

Nutrition:

- Info Protein: 3% 4 kcal Fat: 40% 60 kcal Carbohydrates: 57% 86 kcal

Swiss Chard & Pecan Stuffed Mushrooms

Servings:4
Cooking Time:20 Minutes

Ingredients:

- 8 oz white mushrooms, stems chopped and reserved
- 2 tbsp olive oil
- 1 garlic clove, minced
- 1 cup cooked Swiss chard
- 1 cup finely chopped pecans
- ½ cup breadcrumbs
- Salt and black pepper to taste

Directions:

1. Preheat oven to 390 F.
2. Warm oil in a skillet over medium heat, add the mushroom stems and garlic and sauté for 3 minutes. Mix in chard, pecans, breadcrumbs, salt, and pepper. Cook for another 2 minutes, stirring occasionally.
3. Divide the resulting mixture between the mushroom caps and arrange on a greased baking dish. Bake for 15 minutes, until golden. Serve immediately.

Fruit And Almond Crisp

Servings: 8
Cooking Time:45 Minutes

Ingredients:

- 4 cups peaches, pitted and sliced
- 3 cups plums, pitted and halved
- 1 tablespoon lemon juice, freshly squeezed
- 1 cup brown sugar
- For the topping:
- 2 cups rolled oats
- 1/2 cup oat flour
- 1 teaspoon baking powder
- 4 tablespoons water
- 1/2 cup almonds, slivered
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- A pinch of kosher salt
- A pinch of grated nutmeg
- 5 ounces coconut oil, softened

Directions:

1. Start by preheating your oven to 350 degrees F.
2. Arrange the fruits on the bottom of a lightly oiled baking pan. Sprinkle lemon juice and 1/2 cup of brown sugar over them.
3. In a mixing bowl, thoroughly combine the oats, oat flour, baking powder, water, almonds, vanilla, almond extract, ground cloves, cinnamon, salt, nutmeg and coconut oil.
4. Spread the topping mixture over the fruit layer.
5. Bake in the preheated oven for about 45 minutes or until golden brown. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 409; Fat: 19.1g; Carbs: 55.6g; Protein: 7.7g

BEANS AND GRAINS RECIPES

Black Bean And Corn Salad With Cilantro Dressing

Servings：4
Cooking Time： 0 Minutes

Ingredients:

- 2 cups frozen corn, thawed
- 3 cups cooked or 2 (15.5-ounce) cans black beans, rinsed and drained
- ½ cup chopped red bell pepper
- ¼ cup minced red onion
- 1 (4-ounce) can chopped mild green chiles, drained
- 2 garlic cloves, crushed
- ¼ cup chopped fresh cilantro
- 1 teaspoon ground cumin
- ½ teaspoon salt (optional)
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons fresh lime juice
- 2 tablespoons water
- ¼ cup extra-virgin olive oil

Directions:

1. Preparing the Ingredients
2. In a large bowl, combine the corn, beans, bell pepper, onion, and chiles. Set aside.
3. In a blender or food processor, mince the garlic. Add the cilantro, cumin, salt, and black pepper, then pulse to blend. Add the lime juice, water, and oil and process until well blended.
4. Finish and Serve
5. Pour the dressing over the salad and toss to combine. Taste and adjust the seasonings if necessary, then serve.

Coconut Curry Lentils

Servings: 4
Cooking Time: 40 Minutes

Ingredients:

- 1 cup brown lentils
- 1 small white onion, peeled, chopped
- 1 teaspoon minced garlic
- 1 teaspoon grated ginger
- 3 cups baby spinach
- 1 tablespoon curry powder
- 2 tablespoons olive oil
- 13 ounces coconut milk, unsweetened
- 2 cups vegetable broth
- For Serving:
- 4 cups cooked rice
- 1/4 cup chopped cilantro

Directions:

1. Place a large pot over medium heat, add oil and when hot, add ginger and garlic and cook for 1 minute until fragrant.
2. Add onion, cook for 5 minutes, stir in curry powder, cook for 1 minute until toasted, add lentils and pour in broth.
3. Switch heat to medium-high level, bring the mixture to a boil, then switch heat to the low level and simmer for 20 minutes until tender and all the liquid is absorbed.
4. Pour in milk, stir until combined, turn heat to medium level, and simmer for 10 minutes until thickened.
5. Then remove the pot from heat, stir in spinach, let it stand for 5 minutes until its leaves wilts and then top with cilantro.
6. Serve lentils with rice.

Nutrition:

- InfoCalories: 184 Cal ;Fat: 3.7 g :Carbs: 30 g ;Protein: 11.3 g ;Fiber: 10.7 g

Black Beans And Rice

Servings: 4
Cooking Time: 30 Minutes

Ingredients:

- 3/4 cup white rice
- 1 medium white onion, peeled, chopped
- 3 1/2 cups cooked black beans
- 1 teaspoon minced garlic
- 1/4 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon olive oil
- 1 1/2 cups vegetable broth

Directions:

1. Take a large pot over medium-high heat, add oil and when hot, add onion and garlic and cook for 4 minutes until saute.
2. Then stir in rice, cook for 2 minutes, pour in the broth, bring it to a boil, switch heat to the low level and cook for 20 minutes until tender.
3. Stir in remaining ingredients, cook for 2 minutes, and then serve straight away.

Nutrition:

- InfoCalories: 140 Cal ;Fat: 0.9 g :Carbs: 27.1 g ;Protein: 6.3 g ;Fiber: 6.2 g

Three-bean Cassoulet

Servings：4 To 6
Cooking Time： 60 Minutes

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 medium onion chopped
- 2 medium carrots chopped
- 1 celery rib chopped
- 3 garlic cloves minced
- 1½ cups cooked or 1 (15.5-ounce) cans Navy beans, drained and rinsed
- 1½ cups cooked or 1 (15.5-ounce) cans Great Northern beans, drained and rinsed
- 1½ cups cooked or 1 (15.5-ounce) cans cannellini beans drained and rinsed
- 1 (14.5-ounce) can crushed tomatoes
- 1 cup vegetable broth
- 1 tablespoon minced fresh parsley
- 1 teaspoon dried savory
- 1 teaspoon dried thyme
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup dry unseasoned bread crumbs

Directions:

1. Preparing the Ingredients
2. Preheat the oven to 375°F. Lightly oil a 3-quart casserole and set aside.
3. In a large skillet, heat the oil over medium heat. Add the onion, carrots, celery, and garlic. Cover and cook until softened.
4. Transfer the vegetable mixture to the prepared casserole. Stir in the beans, tomatoes, broth, parsley, savory, thyme, salt, and pepper. Cover tightly and bake until the vegetables are tender and the flavors are blended for about 45 minutes.
5. Finish and Serve
6. Remove the cassoulet from the oven, uncover, and top with the bread crumbs. Return to the oven and bake, uncovered, for 10 minutes longer to

lightly brown the crumbs. Serve immediately.

Pecan Rice

Servings: 4
Cooking Time: 10 Minutes

Ingredients:

- 1/4 cup chopped white onion
- 1/4 teaspoon ground ginger
- 1/2 cup chopped pecans
- 1/4 teaspoon salt
- 2 tablespoons minced parsley
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried basil
- 2 tablespoons vegan margarine
- 1 cup brown rice, cooked

Directions:

1. Take a skillet pan, place it over medium heat, add margarine and when it melts, add all the ingredients except for rice and stir until mixed.
2. Cook for 5 minutes, then stir in rice until combined and continue cooking for 2 minutes.
3. Serve straight away.

Nutrition:

- InfoCalories: 280 Cal ;Fat: 16.1 g :Carbs: 31 g ;Protein: 4.3 g ;Fiber: 3.8 g

Mediterranean Chickpea Casserole

Servings: 4
Cooking Time: 60 Minutes

Ingredients:

- 3 cups baby spinach
- 2 medium red onions, peeled, diced
- 2 1/2 cups tomatoes
- 3 cups cooked chickpeas
- 1 ½ teaspoon minced garlic
- 1/3 teaspoon ground black pepper
- 1 ¼ teaspoon salt
- 1/4 teaspoon allspice
- 1 tablespoon coconut sugar
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne
- 1/4 teaspoon cloves
- 2 bay leaves
- 1 tablespoon coconut oil
- 2 tablespoons olive oil
- 1 cup vegetable stock
- 1 lemon, juiced
- 2 ounces vegan feta cheese

Directions:

1. Take a large skillet pan, place it over medium-high heat, add coconut oil and when it melts, add onion and cook for 5 minutes until softened.
2. Switch heat to medium-low level, stir in garlic, cook for 2 minutes, then stir in tomatoes, add all the spices and bay leaves, pour in the stock, stir until mixed and cook for 20 minutes.
3. Then stir in chickpeas, simmer cooking for 15 minutes until the cooking liquid has reduced by one-third, stir in spinach and cook for 3 minutes until it begins to wilt.
4. Then stir in olive oil, sugar and lemon juice, taste to adjust seasoning, and remove and discard bay leaves.
5. When done, top chickpeas with cheese, broil for 5 minutes until cheese

has melted and golden brown, then garnish with parsley and serve.

Nutrition:

- InfoCalories: 257.8 Cal ;Fat: 3.8 g :Carbs: 47.1 g ;Protein: 10.3 g ;Fiber: 9.4 g

Coconut-peanut Chickpeas And Vegetables

Servings：4
Cooking Time： 13 Minutes

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 medium onion chopped
- 1 medium red bell pepper chopped
- 3 garlic cloves minced
- 1 tablespoon hot or mild curry powder
- 2 tablespoons creamy peanut butter
- 1 (13.5-ounce) can unsweetened coconut milk
- 3 cups cooked or 2 (15.5-ounce) cans chickpeas drained and rinsed
- 1 (14.5-ounce) can diced tomatoes drained
- 3 cups fresh baby spinach
- Salt and freshly ground black pepper
- Crushed unsalted roasted peanuts, for garnish

Directions:

1. Preparing the Ingredients
2. In a large saucepan, heat the oil over medium heat. Add the onion and bell pepper, cover, then cook until soft for about 10 minutes. Add the garlic and curry powder, stirring until fragrant for about 30 seconds.
3. Add the peanut butter and gradually stir in the coconut milk until well blended. Add the chickpeas, tomatoes, and spinach, stirring to wilt the spinach for about 5 minutes. Season with salt and pepper.
4. Finish and Serve
5. Simmer until hot and the flavors are well blended for about 7 minutes. Serve immediately and sprinkle with peanuts.

Lentil And Wild Rice Soup

Servings: 4
Cooking Time: 40 Minutes

Ingredients:

- 1/2 cup cooked mixed beans
- 12 ounces cooked lentils
- 2 stalks of celery, sliced
- 1 1/2 cup mixed wild rice, cooked
- 1 large sweet potato, peeled, chopped
- 1/2 medium butternut, peeled, chopped
- 4 medium carrots, peeled, sliced
- 1 medium onion, peeled, diced
- 10 cherry tomatoes
- 1/2 red chili, deseeded, diced
- 1 ½ teaspoon minced garlic
- 1/2 teaspoon salt
- 2 teaspoons mixed dried herbs
- 1 teaspoon coconut oil
- 2 cups vegetable broth

Directions:

1. Take a large pot, place it over medium-high heat, add oil and when it melts, add onion and cook for 5 minutes.
2. Stir in garlic and chili, cook for 3 minutes, then add remaining vegetables, pour in the broth, stir and bring the mixture to a boil.
3. Switch heat to medium-low heat, cook the soup for 20 minutes, then stir in remaining ingredients and continue cooking for 10 minutes until soup has reached to desired thickness.
4. Serve straight away.

Nutrition:

- InfoCalories: 331 Cal ;Fat: 2 g :Carbs: 54 g ;Protein: 13 g ;Fiber: 12 g

Five-spice Farro

Servings：4
Cooking Time： 35 Minutes

Ingredients:

- 1 cup dried farro, rinsed and drained
- 1 teaspoon five-spice powder

Directions:

1. Preparing the Ingredients
2. In a medium pot, combine the farro, five-spice powder, and enough water to cover.
3. Bring to a boil; reduce the heat to medium-low, and simmer for 30 minutes. Drain off any excess water.
4. Finish and Serve
5. Transfer to a large storage container, or scoop 1 cup farro into each of 4 storage containers. Let cool before sealing the lids.
6. Place the airtight containers in the refrigerator for 1 week or freeze for up to 3 months. To thaw, refrigerate overnight. Reheat in the microwave for 1½ to 3 minutes.

Nutrition:

- InfoPer Serving Calories: 73; Fat: 0g; Protein: 3g; Carbohydrates: 15g; Fiber: 1g; Sugar: 0g; Sodium: 0mg

Quinoa And Chickpeas Salad

Servings: 4
Cooking Time: 0 Minute

Ingredients:

- 3/4 cup chopped broccoli
- 1/2 cup quinoa, cooked
- 15 ounces cooked chickpeas
- ½ teaspoon minced garlic
- 1/3 teaspoon ground black pepper
- 2/3 teaspoon salt
- 1 teaspoon dried tarragon
- 2 teaspoons mustard
- 1 tablespoon lemon juice
- 3 tablespoons olive oil

Directions:

1. Take a large bowl, place all the ingredients in it, and stir until well combined.
2. Serve straight away.

Nutrition:

- InfoCalories: 264 Cal ;Fat: 12.3 g :Carbs: 32 g ;Protein: 7.1 g ;Fiber: 5.1 g

Chickpeas With Lemon And Spinach

Servings：4
Cooking Time： 10 Minutes

Ingredients:

- 3 tablespoons extra-virgin olive oil
- one 15-ounce can chickpeas, drained and rinsed
- 10 ounces baby spinach
- ½ teaspoon sea salt
- juice and zest of 1 lemon
- freshly ground black pepper

Directions:

1. Preparing the Ingredients.
2. In a large sauté pan, heat the olive oil over medium-high heat until it shimmers. Add the chickpeas and cook until they are heated through, about 5 minutes.
3. Add the spinach and stir just until it wilts, about 5 minutes.
4. Finish and Serve
5. Add the salt, lemon juice, lemon zest, and pepper and stir to combine. Serve immediately.

Broccoli And Rice Stir Fry

Servings: 8
Cooking Time: 10 Minutes

Ingredients:

- 16 ounces frozen broccoli florets, thawed
- 3 green onions, diced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 1 ½ cups white rice, cooked

Directions:

1. Take a skillet pan, place it over medium heat, add broccoli, and cook for 5 minutes until tender-crisp.
2. Then add scallion and other ingredients, toss until well mixed and cook for 2 minutes until hot.
3. Serve straight away.

Nutrition:

- InfoCalories: 187 Cal ;Fat: 3.4 g :Carbs: 33 g ;Protein: 6.3 g ;Fiber: 2.3 g

VEGETABLES & SIDE DISHES

Hummus Quesadillas

Servings: 1
Cooking Time: 15 Minutes

Ingredients:

- 1 tortilla, whole wheat
- 1/4 cup diced roasted red peppers
- 1 cup baby spinach
- 1/3 teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1/4 teaspoon olive oil
- 1/4 cup hummus
- Oil as needed

Directions:

1. Place a large pan over medium heat, add oil and when hot, add red peppers and garlic, season with salt and black pepper and cook for 3 minutes until sauté.
2. Then stir in spinach, cook for 1 minute, remove the pan from heat and transfer the mixture in a bowl.
3. Prepare quesadilla and for this, spread hummus on one-half of the tortilla, then spread spinach mixture on it, cover the filling with the other half of the tortilla and cook in a pan for 3 minutes per side until browned.
4. When done, cut the quesadilla into wedges and serve.

Nutrition:

- InfoCalories: 187 Cal ;Fat: 9 g :Carbs: 16.3 g ;Protein: 10.4 g ;Fiber: 0 g

Nooch Popcorn

Servings: 4
Cooking Time: 10 Minutes

Ingredients:

- 1/3 cup nutritional yeast
- 1 teaspoon of sea salt
- 3 tablespoons coconut oil
- ½ cup popcorn kernels

Directions:

1. Place yeast in a large bowl, stir in salt, and set aside until required.
2. Take a medium saucepan, place it over medium-high heat, add oil and when it melts, add four kernels and wait until they sizzle.
3. Then add remaining kernel, toss until coated, shut the pan with the lid, and shake the kernels until popped completely.
4. When done, transfer popcorns tot eh yeast mixture, shut with lid and shape well until coated.
5. Serve straight away

Nutrition:

- InfoCalories: 160 Cal ;Fat: 6 g :Carbs: 28 g ;Protein: 3 g ;Fiber: 4 g

Tomato And Basil Sauce

Servings: 4
Cooking Time: 10 Minutes

Ingredients:

- 14 ounces chopped tomatoes
- ½ teaspoon minced garlic
- 1 teaspoon vegetable stock powder
- 1 teaspoon sugar
- 1 tablespoon tomato purée
- 5 basil leaves
- 1 tablespoon olive oil
- ¼ cup vegetable stock

Directions:

1. Take a skillet pan, place it over medium heat, add oil and when hot, add garlic and cook for 1 minute until fragrant.
2. Then stir in tomatoes and remaining ingredients until combined, except for basil, and bring the mixture to boil.
3. Switch heat to the low level, simmer the mixture for 5 minutes, and when done, top with basil.
4. Serve straight away.

Nutrition:

- InfoCalories: 52 Cal ;Fat: 3 g :Carbs: 5 g ;Protein: 2 g ;Fiber: 1 g

Smoky Coleslaw

Servings：6
Cooking Time： 0 Minutes

Ingredients:

- 1 pound shredded cabbage
- ⅓ cup vegan mayonnaise
- ¼ cup unseasoned rice vinegar
- 3 tablespoons plain vegan yogurt or plain soymilk
- 1 tablespoon vegan sugar
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon smoked paprika
- ¼ teaspoon chipotle powder

Directions:

1. Preparing the Ingredients
2. Put the shredded cabbage in a large bowl. In a medium bowl, whisk the mayonnaise, vinegar, yogurt, sugar, salt, pepper, paprika, and chipotle powder.
3. Finish and Serve
4. Pour over the cabbage, and mix with a spoon or spatula and until the cabbage shreds are coated. Divide the coleslaw evenly among 6 single-serving containers. Seal the lids.

Roasted Carrots With Herbs

Servings: 4
Cooking Time:25 Minutes

Ingredients:

- 2 pounds carrots, trimmed and halved lengthwise
- 4 tablespoons olive oil
- 1 teaspoon granulated garlic
- 1 teaspoon paprika
- Sea salt and freshly ground black pepper
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh chives, chopped

Directions:

1. Start by preheating your oven to 400 degrees F.
2. Toss the carrots with the olive oil, granulated garlic, paprika, salt and black pepper. Arrange them in a single layer on a parchment-lined roasting sheet.
3. Roast the carrots in the preheated oven for about 20 minutes, until fork-tender.
4. Toss the carrots with the fresh herbs and serve immediately. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 217; Fat: 14.4g; Carbs: 22.4g; Protein: 2.3g

Classic Avocado Tartines

Servings: 3
Cooking Time:5 Minutes

Ingredients:

- 2 medium avocados, pitted, peeled and mashed
- 2 tablespoons fresh lime juice
- Sea salt and ground black pepper, to taste
- 1/2 teaspoon red pepper flakes, crushed
- 6 slices whole-wheat bread, toasted
- 1 large tomato, sliced
- 3 tablespoons sesame seeds, toasted

Directions:

1. Combine the mashed avocado with the lime juice, salt, black pepper and red pepper.
2. Spread the mixture onto the toast; top with tomatoes and sesame seeds.
3. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 384; Fat: 25.9g; Carbs: 34.6g; Protein: 8.3g

Roasted Rosemary Potatoes

Servings：4
Cooking Time： 30 Minutes

Ingredients:

- 1½ pounds baby red potatoes, halved
- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- 1 tablespoon minced fresh rosemary
- ¾ teaspoon sea salt

Directions:

1. Preparing the Ingredients.
2. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
3. In a large bowl, toss the potatoes with the oil, garlic, rosemary, and salt until well combined.
4. Bake
5. Spread the potatoes evenly on the prepared baking sheet and bake for 15 minutes. Toss with a spatula and bake for an additional 15 minutes, or until golden brown.

Sautéed Zucchini With Herbs

Servings: 4
Cooking Time:10 Minutes

Ingredients:

- 2 tablespoons olive oil
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 ½ pounds zucchini, sliced
- Sea salt and fresh ground black pepper, to taste
- 1 teaspoon cayenne pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried rosemary

Directions:

1. In a saucepan, heat the olive oil over medium-high heat.
2. Once hot, sauté the onion for about 3 minutes or until tender. Then, sauté the garlic for about 1 minute until aromatic.
3. Add in the zucchini, along with the spices and continue to sauté for 6 minutes more until tender.
4. Taste and adjust the seasonings. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 99; Fat: 7.4g; Carbs: 6g; Protein: 4.3g

French Onion Pastry Puffs

Servings: 24
Cooking Time： 35 Minutes

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 medium sweet yellow onions, thinly sliced
- 1 garlic clove, minced
- 1 teaspoon chopped fresh rosemary
- Salt and freshly ground black pepper
- 1 tablespoon capers
- 1 sheet frozen vegan puff pastry, thawed
- 18 pitted black olives, quartered

Directions:

1. Preparing the Ingredients
2. In a medium skillet, heat the oil over medium heat. Add the onions and garlic, season with rosemary, salt and pepper. Cover and cook until very soft, stirring occasionally for about 20 minutes. Stir in the capers and set aside.
3. Preheat the oven to 400°F. Roll out the puff pastry and cut into 2- to 3-inch circles using a lightly floured pastry cutter or drinking glass. You should get about 2 dozen circles.
4. Arrange the pastry circles on baking sheets and top each with a heaping teaspoon of onion mixture, patting down to smooth the top.
5. Top with 3 olive quarters, arranged decoratively—either like flower petals emanating from the center or parallel to each other like 3 bars.
6. Bake
7. Bake until pastry is puffed and golden brown for about 15 minutes. Serve hot.

Ratatouille (pressure Cooker)

Servings : 4-6
Cooking Time: 6 Minutes

Ingredients:

- 1 onion, diced
- 4 garlic cloves, minced
- 1 to 2 teaspoons extra-virgin olive oil
- 1 cup water
- 3 or 4 tomatoes, diced
- 1 eggplant, cubed
- 1 or 2 bell peppers, any color, seeded and chopped
- 1½ tablespoons dried herbes de Provence (or any mixture of dried basil, oregano, thyme, marjoram, and rosemary)
- ½ teaspoon salt
- Freshly ground black pepper

Directions:

1. Preparing the Ingredients On your electric pressure cooker, select Sauté. Add the onion, garlic, and olive oil. Cook for 4 to 5 minutes, stirring occasionally, until the onion is softened. Add the water, tomatoes, eggplant, bell peppers, and herbes de Provence. Cancel Sauté.
2. High pressure for 6 minutes. Close and lock the lid and ensure the pressure valve is sealed, then select High Pressure and set the time for 6 minutes.
3. Pressure Release. Once the cook time is complete, let the pressure release naturally, about 20 minutes. Once all the pressure has released, carefully unlock and remove the lid. Let cool for a few minutes, then season with salt and pepper.

Nutrition:

- InfoPer Serving : Calories 101; Total fat: 2g; Protein: 4g; Sodium: 304mg; Fiber: 7g

Roasted Cauliflower With Herbs

Servings: 4
Cooking Time:30 Minutes

Ingredients:

- 1 ½ pounds cauliflower florets
- 1/4 cup olive oil
- 4 cloves garlic, whole
- 1 tablespoon fresh basil
- 1 tablespoon fresh coriander
- 1 tablespoon fresh oregano
- 1 tablespoon fresh rosemary
- 1 tablespoon fresh parsley
- Sea salt and ground black pepper, to taste
- 1 teaspoon red pepper flakes

Directions:

1. Begin by preheating the oven to 425 degrees F. Toss the cauliflower with the olive oil and arrange them on a parchment-lined roasting pan.
2. Then, roast the cauliflower florets for about 20 minutes; toss them with the garlic and spices and continue cooking an additional 10 minutes.
3. Serve warm. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 175; Fat: 14g; Carbs: 10.7g; Protein: 3.7g

Baked Brussels Sprouts

Servings：4
Cooking Time： 40 Minutes

Ingredients:

- 1 pound Brussels sprouts
- 2 teaspoons extra-virgin olive or canola oil
- 4 teaspoons minced garlic (about 4 cloves)
- 1 teaspoon dried oregano
- ½ teaspoon dried rosemary
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon balsamic vinegar

Directions:

1. Preparing the Ingredients.
2. Preheat the oven to 400ºF.
3. Line a rimmed baking sheet with parchment paper. Trim and halve the brussels sprouts. Transfer to a large bowl. Toss with the olive oil, garlic, oregano, rosemary, salt, and pepper to coat well.
4. Transfer to the prepared baking sheet.
5. Bake
6. Bake for 35-40 minutes, shaking the pan occasionally to help with even browning, until crisp on the outside and tender on the inside. Remove from the oven and transfer to a large bowl.
7. Finish and Serve
8. Stir in the balsamic vinegar.
9. Divide the brussels sprouts evenly among 4 single-serving containers. Let it cool before sealing the lids

Nutrition:

- InfoPer Serving Calories: 77; Fat: 3g; Protein: 4g; Carbohydrates: 12g; Fiber: 5g; Sugar: 3g; Sodium: 320mg

SALADS RECIPES

Broccoli & Mango Rice Salad

Servings:4
Cooking Time:25 Minutes

Ingredients:

- ½ cup brown rice, rinsed
- 3 cups broccoli florets, blanched
- 1 mango, chopped
- 1 small red bell pepper, chopped
- 1 jalapeño, seeded and minced
- 1 tsp grated fresh ginger
- 2 tbsp fresh lemon juice
- 3 tbsp grapeseed oil
- 1/3 cup roasted almonds, chopped

Directions:

1. Place the rice in a bowl with salted water and cook for 18-20 minutes. Remove to a bowl. Stir in broccoli, mango, bell pepper, and chili. In another bowl, mix the ginger, lemon juice and oil. Pour over the rice and toss to combine. Top with almonds to serve.

Chopped Salad

Servings：4
Cooking Time： 0 Minutes

Ingredients:

- ¾ cup extra-virgin olive oil
- ¼ cup white wine vinegar
- 2 teaspoons Dijon mustard
- 1 garlic clove
- 1 tablespoon minced green onions
- ½ teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- ½ small head romaine lettuce, chopped
- ½ small head iceberg lettuce, chopped
- 1½ cups cooked or 1 (15.5-ounce) can chickpeas, drained and rinsed
- 2 ripe tomatoes, cut into ½-inch dice
- 1 medium English cucumber, peeled, halved lengthwise, and chopped
- 2 celery ribs, chopped celery
- 1 medium carrot, chopped
- ½ cup halved pitted kalamata olives
- 3 small red radishes, chopped
- 2 tablespoons chopped fresh parsley
- 1 ripe Hass avocado, pitted, peeled, and cut into ½-inch dice

Directions:

1. Preparing the Ingredients
2. In a blender or food processor, combine the oil, vinegar, mustard, garlic, green onions, salt and pepper. Blend well and set aside.
3. In a large bowl, combine the romaine and iceberg lettuces. Add the chickpeas, tomatoes, cucumber, celery, carrot, olives, radishes, parsley, and avocado.
4. Finish and Serve
5. Add enough dressing to lightly coat. Toss gently to combine and serve.

Squash Salad

Servings:4
Cooking Time:20 Minutes

Ingredients:

- 2 lb green squash, cubed
- 2 tbsp plant butter
- Salt and black pepper to taste
- 3 oz fennel, sliced
- 2 oz chopped green onions
- 1 cup tofu mayonnaise
- 2 tbsp fresh chives, finely chopped
- A pinch of mustard powder
- Chopped dill to garnish

Directions:

1. Put a pan over medium heat and melt plant butter. Fry in squash cubes until slightly softened but not browned, about 7 minutes. Allow the squash to cool. In a salad bowl, mix the cooled squash, fennel slices, green onions, tofu mayonnaise, chives, and mustard powder. Garnish with dill and serve.

Mediterranean Quinoa Salad

Servings：4
Cooking Time： 20 Minutes

Ingredients:

- 2 cups water
- 1 cup quinoa, well rinsed
- Salt
- 1½cups cooked or 1 (15.5-ounce) can chickpeas, drained and rinsed
- 1 cup ripe grape or cherry tomatoes, halved
- 2 green onions, minced
- ½ medium English cucumber, peeled and chopped
- ¼ cup pitted brine-cured black olives
- 2 tablespoons toasted pine nuts
- ¼ cup small fresh basil leaves
- 1 medium shallot, chopped
- 1 garlic clove, chopped
- 1 teaspoon Dijon mustard
- 2 tablespoons white wine vinegar
- ¼ cup extra-virgin olive oil
- Freshly ground black pepper

Directions:

1. Preparing the Ingredients
2. In a large saucepan, bring the water to boil over high heat. Add the quinoa, salt the water, and return to boil. Reduce heat to low, cover, and simmer until water is absorbed.
3. Transfer the cooked quinoa to a large bowl. Add the chickpeas, tomatoes, green onions, cucumber, olives, pine nuts, and basil. Set aside.
4. Finish and Serve
5. In a blender or food processor, combine the shallot, garlic, mustard, vinegar, oil, then add salt and pepper. Process until well blended. Pour the dressing over the salad, toss gently to combine, and serve.

Savory Pasta Salad With Cannellini Beans

Servings:4
Cooking Time:35 Minutes

Ingredients:

- 2 ½ cups whole-wheat bow tie pasta
- 1 tbsp olive oil
- 1 medium zucchini, sliced
- 2 garlic cloves, minced
- 2 large tomatoes, chopped
- 1 (15 oz) can cannellini beans
- 1 (2 ¼ oz) can green olives, sliced
- ½ cup crumbled tofu cheese

Directions:

1. Cook the pasta until al dente, 10 minutes. Drain and set aside. Heat olive oil in a skillet and sauté zucchini and garlic for 4 minutes. Stir in tomatoes, beans, and olives. Cook until the tomatoes soften, 10 minutes. Mix in pasta. Allow warming for 1 minute. Stir in tofu cheese and serve warm.

Tomato Bean & Bulgur Salad

Servings:4
Cooking Time:25 Minutes

Ingredients:

- 3 cups water
- 1 ½ cups bulgur, rinsed
- Salt and black pepper to taste
- 1 (15.5-oz) can black beans
- 4 ripe plum tomatoes, sliced
- 1 red onion, sliced
- ¼ cup chopped fresh parsley
- ¼ cup olive oil
- 2 tbsp sherry vinegar

Directions:

1. Place the bulgur in a pot with boiling salted water. Lower the heat and simmer for 20 minutes. Remove to a bowl. Stir in black beans, tomatoes, onion, and parsley. In another bowl, mix the olive oil, vinegar, salt, and pepper. Pour over the bulgur mixture and toss to coat. Let sit covered for 20 minutes. Serve.

Cobb Salad With Portobello Bacon

Servings：4
Cooking Time： 0 Minutes

Ingredients:

- 2 heads romaine lettuce, finely chopped
- 1 pint cherry tomatoes, halved
- 1 avocado, peeled, pitted, and diced
- 1 cup frozen (and thawed) or fresh corn kernels
- 1 large cucumber, peeled and diced
- Portobello Bacon or store-bought vegan bacon
- 4 scallions, thinly sliced
- Unhidden Valley Ranch Dressing or store-bought vegan ranch dressing

Directions:

1. Preparing the Ingredients
2. Scatter a layer of romaine in the bottom of each of 4 salad bowls. With the following ingredients, create lines that cross the top of the romaine in this order: tomatoes, avocado, corn, cucumber, and portobello bacon.
3. Finish and Serve
4. Sprinkle with the scallions and drizzle with ranch dressing

Indonesian-style Potato Salad

Servings：4 To 6
Cooking Time： 30 Minutes

Ingredients:

- 1½ pounds small white potatoes, unpeeled
- 1 cup frozen peas, thawed
- ½cup shredded carrot
- 4 green onions, chopped
- 1 tablespoon grapeseed oil
- 1 garlic clove, minced
- ⅓ cup creamy peanut butter
- ½ teaspoon Asian chili paste
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- ¾ cup unsweetened coconut milk
- 3 tablespoons chopped unsalted roasted peanuts, for garnish

Directions:

1. Preparing the Ingredients
2. In a large pot of boiling salted water, cook the potatoes until tender for 20-30 minutes. Drain well and set aside to cool.
3. When cool enough to handle, cut the potatoes into 1-inch chunks and transfer to a large bowl. Add the peas, carrot, and green onions, then set aside.
4. In a small saucepan, heat the oil over medium heat. Add the garlic and cook until fragrant. Stir in the peanut butter, chili paste, soy sauce, vinegar, and about half of the coconut milk. Simmer over medium heat for 5 minutes, stirring frequently to make a smooth sauce.
5. Finish and Serve
6. Add as much of the remaining coconut milk as needed for creamy consistency. Pour the dressing over the salad and toss well to combine. Garnish with peanuts and serve.

French-style Potato Salad

Servings：4 To 6
Cooking Time： 30 Minutes

Ingredients:

- 1½ pounds small white potatoes, unpeeled
- 2 tablespoons minced fresh parsley
- 1 tablespoon minced fresh chives
- 1 teaspoon minced fresh tarragon or ½teaspoon dried
- ⅓ cup extra-virgin olive oil
- 2 tablespoons white wine or tarragon vinegar
- ¼ teaspoon freshly ground black pepper

Directions:

1. Preparing the Ingredients
2. In a large pot of boiling salted water, cook the potatoes until tender but still firm for about 30 minutes. Drain and cut into ¼-inch slices. Transfer to a large bowl and add the parsley, chives, and tarragon. Set aside.
3. In a small bowl, combine the oil, vinegar, pepper.
4. Finish and Serve
5. Pour the dressing onto the potato mixture and toss gently to combine.
6. Taste and adjust the seasonings if necessary. Chill for 1-2 hours before serving.

Carrot & Cabbage Salad With Avocado & Capers

Servings:4
Cooking Time:15 Minutes

Ingredients:

- 1 carrot, shredded
- 1 cup finely shredded red cabbage
- 1 cup cherry tomatoes, halved
- 1 yellow bell pepper, cut into sticks
- 1 (15.5-oz) can chickpeas
- ¼ cup capers
- 1 avocado, sliced
- ¼ cup olive oil
- 1 ½ tbsp fresh lemon juice

Directions:

1. Combine the carrot, cabbage, tomatoes, bell pepper, chickpeas, capers, and avocado in a bowl. Set aside. In another bowl, mix the oil, lemon juice, salt, and pepper until thoroughly combined. Pour over the cabbage mixture and toss to coat. Serve immediately.

The Great Green Salad

Servings：4
Cooking Time： 0 Minutes

Ingredients:

- 1 head Boston or Bibb lettuce
- 8 asparagus spears, trimmed and cut into 2-inch pieces
- 2 mini seedless cucumbers, sliced
- 1 small zucchini, cut into ribbons with potato peeler
- 1 avocado, peeled, pitted, and sliced
- ½ cup store-bought vegan green goddess dressing
- 2 scallions, thinly sliced

Directions:

1. Preparing the Ingredients
2. Divide the lettuce leaves among 4 plates. Top each with some of the asparagus, cucumber, zucchini, and avocado. Drizzle each bowl with 2 tablespoons of dressing and sprinkle with scallions.

Bean & Farro Salad

Servings:4
Cooking Time:20 Minutes

Ingredients:

- 1 (14-oz) can black beans
- 1 cup corn kernels
- ¼ cup fresh cilantro, chopped
- Zest and juice of 1 lime
- 3 tsp chili powder
- Sea salt and black pepper to taste
- 1 ½ cups cherry tomatoes, halved
- 1 red bell pepper, chopped
- 2 scallions, chopped
- 4 large whole-grain tortillas
- 2 tsp olive oil
- 1 tbsp oregano
- 1 tsp cayenne pepper
- 4 cups watercress and arugula mix
- ¾ cup cooked faro
- ¼ cup chopped avocado
- ¼ cup mango salsa

Directions:

1. Combine black beans, corn, cilantro, lime juice, lime zest, chili powder, salt, pepper, cherry tomatoes, bell peppers, and scallions in a bowl. Set aside. Brush the tortillas with olive oil and season with salt, pepper, oregano, and cayenne pepper. Slice into 8 pieces. Line with parchment paper a baking sheet. Arrange tortilla pieces and bake for 3-5 minutes until browned. On a serving platter, put the watercress and arugula mix, top with faro, bean mixture, avocado, and sprinkle with mango salsa all over to serve.

SOUPS AND STEWS RECIPES

Creamy Pumpkin And Toasted Walnut Soup

Servings：4
Cooking Time： 30 Minutes

Ingredients:

- 1 small pie pumpkin, peeled, seeded, and chopped (about 6 cups)
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon sea salt
- 1 onion, diced
- 4 cups water, or vegetable stock
- 2 to 3 teaspoons ground sage
- 2 to 3 tablespoons nutritional yeast
- 1 cup non-dairy milk, or 1 tablespoon nut or seed butter plus 1 cup water or stock
- ¼ cup toasted walnuts
- Freshly ground black pepper

Directions:

1. Preparing the Ingredients.
2. Place a large saucepan on medium and sauté the pumpkin in the oil, seasoning with the salt, until slightly softened for about 10 minutes. Add the onion to the pot and sauté until slightly softened for about 5 minutes. Add the water and bring to a boil. Then turn down to a simmer, cover, and cook 15 to 20 minutes, until the pumpkin is tender when pierced with a fork.
3. Finish and Serve
4. Stir in the sage, nutritional yeast, and non-dairy milk.
5. Then purée the soup with an immersion blender or in a regular blender until smooth. Garnish with toasted walnuts and pepper.

Nutrition:

- InfoPer Serving Calories: 236; Protein: 10g; Total fat: 12g; Carbohydrates: 29g; Fiber: 8g

Eggplant, Onion And Tomato Stew

Servings: 4
Cooking Time: 5 Minutes

Ingredients:

- 3 1/2 cups cubed eggplant
- 1 cup diced white onion
- 2 cups diced tomatoes
- 1 teaspoon ground cumin
- 1/8 teaspoon ground cayenne pepper
- 1 teaspoon salt
- 1 cup tomato sauce
- 1/2 cup water

Directions:

1. Switch on the instant pot, place all the ingredients in it, stir until mixed, and seal the pot.
2. Press the ‘manual’ button and cook for 5 minutes at high-pressure setting until cooked.
3. When done, do quick pressure release, open the instant pot, and stir the stew.
4. Serve straight away.

Nutrition:

- InfoCalories: 88 Cal ;Fat: 1 g :Carbs: 21 g ;Protein: 3 g ;Fiber: 6 g

Lasagna Soup

Servings: 6
Cooking Time: 5 Hours And 12 Minutes

Ingredients:

- For the Lasagna Soup:
- 3/4 cup dried brown lentils
- 1 medium white onion, peeled, diced
- 3 cups chopped spinach leaves
- 14 ounces crushed tomatoes
- 14 ounces diced tomatoes
- 1 ½ teaspoon minced garlic
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 8 lasagna noodles, broken into pieces
- 4 1/2 cups vegetable broth
- For the Vegan Pesto Ricotta:
- 1/4 pound tofu, extra firm, drained
- 1 cup cashews, soaked, drained
- 2/3 teaspoon salt
- 1/3 teaspoon ground black pepper
- 4 tablespoons pesto, vegan
- 1 tablespoon lemon juice
- 1/4 cup almond milk

Directions:

1. Prepare the lasagna soup and for this, switch on the slow cooker, add lentils, onion, and garlic in it, stir in basil and oregano, pour in broth, and stir until mixed.
2. Shut the slow cooker with lid and cook for 2 hours at a high heat setting.
3. Meanwhile, prepare the pesto ricotta, and for this, place cashews in a blender, add milk and pulse until smooth.
4. Then tofu, pulse until mixture resembles ricotta cheese, then tip it in a bowl and stir in remaining ingredients until combined, set aside until required.
5. Then stir in all the tomatoes, continue cooking for 3 hours at high heat

setting, add noodles and spinach, stir until mixed and cook for 12 minutes until spinach leaves have wilted.

5. When done, season the soup with salt and black pepper and then serve with prepared pesto ricotta.

Nutrition:

- InfoCalories: 450 Cal ;Fat: 16.8 g :Carbs: 55.2 g ;Protein: 22.6 g ;Fiber: 13.2 g

Classic Cream Of Broccoli Soup

Servings: 4
Cooking Time:35 Minutes

Ingredients:

- 2 tablespoons olive oil
- 1 pound broccoli florets
- 1 onion, chopped
- 1 celery rib, chopped
- 1 parsnip, chopped
- 1 teaspoon garlic, chopped
- 3 cups vegetable broth
- 1/2 teaspoon dried dill
- 1/2 teaspoon dried oregano
- Sea salt and ground black pepper, to taste
- 2 tablespoons flaxseed meal
- 1 cup full-fat coconut milk

Directions:

1. In a heavy-bottomed pot, heat the olive oil over medium-high heat. Now, sauté the broccoli onion, celery and parsnip for about 5 minutes, stirring periodically.
2. Add in the garlic and continue sautéing for 1 minute or until fragrant.
3. Then, stir in the vegetable broth, dill, oregano, salt and black pepper; bring to a boil. Immediately reduce the heat to a simmer and let it cook for about 20 minutes.
4. Puree the soup using an immersion blender until creamy and uniform.
5. Return the pureed mixture to the pot. Fold in the flaxseed meal and coconut milk; continue to simmer until heated through or about 5 minutes.
6. Ladle into four serving bowls and enjoy!

Nutrition:

- InfoPer serving: Calories: 334; Fat: 24.5g; Carbs: 22.5g; Protein: 10.2g

Indonesian Vegetable Stew

Servings：4 To 6
Cooking Time： 55 Minutes

Ingredients:

- 2 tablespoons canola or grapeseed oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 or 2 fresh hot chiles, seeded and minced
- 1 tablespoon grated fresh ginger
- 1 large russet potato, cut into ½-inch dice
- 1 medium eggplant, peeled and cut into ½-inch dice
- 8 ounces green beans, cut into 1-inch pieces
- 2 cups small cauliflower florets
- 1½cups vegetable broth
- 1 (14.5-ounce) can crushed tomatoes
- 2 tablespoons soy sauce
- ½ teaspoon ground turmeric
- 1 (13.5-ounce) can unsweetened coconut milk
- 1 tablespoon tamarind paste
- 1 tablespoon light brown sugar
- Salt and freshly ground black pepper
- 2 tablespoons fresh lime juice
- 3 tablespoons minced fresh cilantro
- 2 tablespoons minced scallions, for garnish

Directions:

1. Preparing the Ingredients
2. Heat the oil in a large pot over medium heat. Add the onion, garlic, chile, and ginger. Cover and cook until softened for about 7 minutes.
3. Add the potato, eggplant, green beans, cauliflower, broth, tomatoes, soy sauce, and turmeric. Cover and cook until the vegetables are tender, stirring occasionally for about 45 minutes.
4. Finish and Serve
5. Uncover, reduce heat to low, and add the coconut milk, tamarind paste, sugar, and salt and pepper. The amount of salt needed depends on the

saltiness of your broth. Simmer uncovered until the sauce thickens, stirring occasionally for about 10 minutes. Stir in the lime juice. Serve hot, sprinkled with cilantro and scallions, if using any.

Sweet Potato And Peanut Soup With Baby Spinach

Servings：4
Cooking Time： 40 Minutes

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1½ pounds sweet potatoes, peeled and cut into ½-inch dice
- 6 cups vegetable broth, or water
- ⅓ cup creamy peanut butter
- ¼ teaspoon ground cayenne
- ⅛teaspoon ground nutmeg
- Salt and freshly ground black pepper
- 4 cups fresh baby spinach

Directions:

1. Preparing the Ingredients
2. In a large soup pot, heat the oil over medium heat. Add the onion, then cover and cook until softened for about 5 minutes. Add the sweet potatoes and broth and cook, uncovered, until the potatoes are tender for about 30 minutes.
3. Ladle about a cup of hot broth into a small bowl. Add the peanut butter and stir until smooth.
4. Finish and Serve
5. Stir the peanut butter mixture into the soup along with the cayenne, nutmeg, and salt and pepper.
6. About 10 minutes before being ready to serve, stir in the spinach, then serve.

Italian Nonna’s Pizza Salad

Servings: 4
Cooking Time:15 Minutes

Ingredients:

- 1 pound macaroni
- 1 cup marinated mushrooms, sliced
- 1 cup grape tomatoes, halved
- 4 tablespoons scallions, chopped
- 1 teaspoon garlic, minced
- 1 Italian pepper, sliced
- 1/4 cup extra-virgin olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried rosemary
- Sea salt and cayenne pepper, to taste
- 1/2 cup black olives, sliced

Directions:

1. Cook the pasta according to the package directions. Drain and rinse the pasta. Let it cool completely and then, transfer it to a salad bowl.
2. Then, add in the remaining ingredients and toss until the macaroni are well coated.
3. Taste and adjust the seasonings; place the pizza salad in your refrigerator until ready to use. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 595; Fat: 17.2g; Carbs: 93g; Protein: 16g

Zesty Black Bean Soup

Servings：2
Cooking Time： 25 Minutes

Ingredients:

- 1 teaspoon extra-virgin olive oil
- 1 onion, chopped
- 6 garlic cloves, minced
- 1 teaspoon chili powder
- ½ teaspoon ground cinnamon or pumpkin pie spice
- ½ to 1 teaspoon salt
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (28-ounce) can crushed or diced tomatoes, undrained
- 3 cups water
- 3 celery stalks, chopped
- 2 cups chopped collard greens
- 2 tablespoons freshly squeezed lime juice

Directions:

1. Preparing the Ingredients
2. Heat the extra-virgin olive oil in a large soup pot over medium heat.
3. Add the onion and garlic, and sauté for about 5 minutes, until soft.
4. Stir in the chili powder, cinnamon, and salt, then add the beans, tomatoes with their juices, and water. Bring to a boil and turn the heat to low.
5. Simmer the soup for 10 to 15 minutes.
6. Finish and Serve
7. Using a hand blender, purée the soup, or let it cool slightly before transferring it to a countertop blender to purée. Stir in the celery and greens, and cover the pot. Let the soup cook for 10 minutes more or longer if you want softer greens. Stir in the lime juice just before serving.
8. Leftovers will keep in an airtight container for up to 1 week in the refrigerator or up to 1 month in the freezer.

Nutrition:

- InfoPer Serving : (2 cups) Calories 209; Protein: 12g; Total fat: 3g; Saturated fat: 0g; Carbohydrates: 38g; Fiber: 13g

Spanish Gazpacho

Servings:4
Cooking Time:15 Minutes

Ingredients:

- 3 tbsp olive oil
- 2 garlic cloves, crushed
- Salt and black pepper to taste
- 2 cucumbers
- 2 tsp lemon juice
- 2 lb ripe plum tomatoes, chopped
- 1 (14.5-oz) can crushed tomatoes
- 1 cup tomato juice
- 2 tbsp chopped dill

Directions:

1. In a food processor, put the garlic, olive oil, and salt and pulse until a paste-like consistency forms. Add in 1 cucumber and lemon juice. Blitz until smooth. Put in tomatoes, tomato juice, salt and pepper. Blend until smooth. Transfer to a bowl, close the lid and let chill in the fridge before serving.

Kale And Cauliflower Salad

Servings: 1
Cooking Time: 15 Minutes

Ingredients:

- 6 ounces of Lacinato kale
- 8 ounces of cauliflower florets
- 1 lemon
- 1 tablespoon of Italian spice
- 2 radishes
- 13.4 ounce of butter beans
- Olive oil
- ¼ cup of walnuts
- ¼ cup of vegan Caesar dressing
- Pepper
- Salt

Directions:

1. Preheat the oven to 400°F. Put the cauliflower florets on a baking sheet, toss them with olive oil and spices, and add salt. Roast the cauliflower until it is brown. It will be done within 15-20 minutes.
2. De-stem the kale and slice the leaves. Slice the radishes. Both kale and radish should be sliced thinly. Cut the lemon in half.
3. Put the kale in a large bowl and add the lemon juice and salt along with the pepper. Massage the kale so that it is properly covered with seasoning. The leaves will soon turn dark green. Mix the radishes.
4. Rinse the butter beans and pat them dry with a towel. On medium-high heat, put a large skillet, add some olive oil, and sauté the butter beans in a layer. Sprinkle some salt on top and shake the pan. The butter beans will be brown in places within 7 minutes.
5. Take two large plates and divide both the kale and beans equally. Put the walnuts and roasted cauliflower on top. Add the Caesar dressing on top and enjoy the amazing salad.

Pomegranate And Walnut Stew

Servings: 6
Cooking Time: 55 Minutes

Ingredients:

- 1 head of cauliflower, cut into florets
- 1 medium white onion, peeled, diced
- 1 1/2 cups California walnuts, toasted
- 1 cup yellow split peas
- 1 1/2 tablespoons honey
- ¼ teaspoon salt
- ½ teaspoon turmeric
- ½ teaspoon cinnamon
- 2 tablespoons olive oil, separated
- 4 cups pomegranate juice
- 2 tablespoons chopped parsley
- 2 tablespoons chopped walnuts, for garnishing

Directions:

1. Take a medium saute pan, place it over medium heat, add walnuts, cook for 5 minutes until toasted and then cool for 5 minutes.
2. Transfer walnuts to the food processor, pulse for 2 minutes until ground, and set aside until required.
3. Take a large saute pan, place it over medium heat, add 1 tablespoon oil and when hot, add onion and cook for 5 minutes until softened.
4. Switch heat to medium-low heat, then add lentils and walnuts, stir in cinnamon, salt, and turmeric, pour in honey and pomegranate, stir until mixed and simmer the mixture for 40 minutes until the sauce has reduced by half and lentils have softened.
5. Meanwhile, place cauliflower florets in a food processor and then pulse for 2 minutes until mixture resembles rice.
6. Take a medium to saute pan, place it over medium heat, add remaining oil and when hot, add cauliflower rice, cook for 5 minutes until softened, and then season with salt.
7. Serve cooked pomegranate and walnut sauce with cooked cauliflower rice and garnish with walnuts and parsley.

Nutrition:

- InfoCalories: 439 Cal ;Fat: 25 g :Carbs: 67 g ;Protein: 21 g ;Fiber: 3 g

Potato And Corn Chowder

Servings: 6
Cooking Time: 16 Minutes

Ingredients:

- 1 tablespoon olive oil
- 2 medium carrots, peeled, chopped
- 2 ribs celery, chopped
- 1 medium white onion, peeled, chopped
- 1 ½ teaspoon minced garlic
- 1/4 cup all-purpose flour
- 1 teaspoon dried thyme
- 4 cups chopped white potatoes
- 2 cups vegetable broth
- 2 cups almond milk, unsweetened
- 3 tablespoons nutritional yeast
- 1 cup frozen corn kernels
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions:

1. Take a large pot, place it over medium-high heat, add oil and when hot, add onion, carrots, celery, and garlic and cook for 5 minutes until golden brown.
2. Then sprinkle with flour and thyme, stir until coated, cook for 1 minute until the flour has browned, then add yeast, potatoes, milk, and broth and stir until mixed.
3. Bring the mixture to simmer, cook for 8 minutes until tender, then add corn and season the soup with salt and black pepper.
4. Serve straight away.

Nutrition:

- InfoCalories: 126 Cal ;Fat: 3 g :Carbs: 18 g ;Protein: 6 g ;Fiber: 3 g

SAUCES & CONDIMENTS RECIPES

Alfredo Sauce

Servings: 4
Cooking Time: 0 Minute

Ingredients:

- 1 cup cashews, unsalted, soaked in warm water for 15 minutes
- 1 teaspoon minced garlic
- 1/4 teaspoon ground black pepper
- 1/3 teaspoon salt
- 1/4 cup nutritional yeast
- 2 tablespoons tamari
- 2 tablespoons olive oil
- 4 tablespoons water

Directions:

1. Drain the cashews, transfer them into a food processor, add remaining ingredients in it, and pulse for 3 minutes until thick sauce comes together.
2. Serve straight away.

Nutrition:

- InfoCalories: 105.7 Cal ;Fat: 5.3 g :Carbs: 11 g ;Protein: 4.7 g ;Fiber: 2 g

Avocado Pudding

Servings: 8
Cooking Time: 0 Minute

Ingredients:

- 2 ripe avocados, peeled, pitted and cut into pieces
- 1 tbsp fresh lime juice
- 14 oz can coconut milk
- 80 drops of liquid stevia
- 2 tsp vanilla extract

Directions:

1. Add all ingredients into the blender and blend until smooth.
2. Serve and enjoy.

Cheese Sauce

Servings: 6
Cooking Time: 25 Minutes

Ingredients:

- Pinch of salt
- Pinch of black, ground pepper
- ½ teaspoon of onion powder
- ½ teaspoon of garlic powder
- ½ cup of yeast, nutritional
- ⅓ cup of extra-virgin olive oil
- ½ cup of water
- 1 tablespoon of freshly squeezed lemon juice
- 1 cup of carrots, washed, peeled and diced
- 2 cups of potatoes, washed, peeled and diced

Directions:

1. In a medium saucepan over medium heat, boil the carrots and potatoes until they have cooked soft. Drain and add these items to the blender.
2. Add in the remainder of the ingredients to the blender and pulse until smooth.
3. Serve warm along with tortilla chips or over whole-wheat pasta.
4. Tips:
5. Seal and store in the refrigerator for up to four days, or you can freeze it too. Let thaw, add a dash of water, give it a good stir and serve.

Coriander Tahini Sauce

Servings: 6
Cooking Time:10 Minutes

Ingredients:

- 1/4 cup cashews, soaked overnight and drained
- 1/4 cup water
- 4 tablespoons tahini
- 1/4 cup fresh coriander leaves, roughly chopped
- 1 clove garlic, minced
- Kosher salt and cayenne pepper, to taste

Directions:

1. Process the cashews and water in your blender until creamy and uniform.
2. Add in the remaining ingredients and continue to blend until everything is well incorporated.
3. Keep in your refrigerator for up to a week. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 91; Fat: 7.5g; Carbs: 4.5g; Protein: 2.9g

Miso Sauce

Servings: 2
Cooking Time: 8 Minutes

Ingredients:

- Pinch of salt
- Pinch of black, ground pepper
- 2 tablespoons of extra-virgin olive oil
- 1 ½ cups of orange juice
- ½ cup of sweet white miso
- All of the above ingredients listed for the standard miso sauce along with the below-mentioned extra ingredients
- 2 cloves of garlic, minced
- 2 tablespoons of ginger, minced
- 1 teaspoon sesame oil
- 2 tablespoons of tamari
- All of the above ingredients listed for the standard miso sauce along with the below-mentioned extra ingredients
- 2 tablespoons of fresh mint
- 2 tablespoons of fresh basil
- 3 tablespoons of fresh cilantro
- ½ a chili, minced
- 1 ½ tablespoons of ginger, minced

Directions:

1. In a bowl, combine all ingredients, whisk gently for one minute and serve.
2. Tips:
3. Enhance the flavors in a salad or serve with a side or main meal.

Classic Ranch Dressing

Servings: 8
Cooking Time:10 Minutes

Ingredients:

- 1 cup vegan mayonnaise
- 1/4 almond milk, unsweetened
- 1 teaspoon sherry vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cloves garlic, minced
- 1/2 teaspoon dried chives
- 1/2 teaspoon dried dill weed
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon onion powder
- 1/3 teaspoon paprika

Directions:

1. Using a wire whisk, thoroughly combine all the ingredients in a bowl.
2. Cover and place in your refrigerator until ready to serve.
3. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 191; Fat: 20.2g; Carbs: 0.8g; Protein: 0.5g

Easy Tofu Hollandaise

Servings: 12
Cooking Time:15 Minutes

Ingredients:

- 1/4 cup vegan butter, at room temperature
- 1 cup silken tofu
- 1 cup unsweetened rice milk
- Sea salt and ground black pepper, to taste
- 1/4 cup nutritional yeast
- 1/2 teaspoon turmeric powder
- 2 tablespoons fresh lime juice

Directions:

1. Puree all the ingredients in a high-speed blender or food processor.
2. Then, heat the mixture in a small saucepan over low-medium heat; cook, stirring occasionally, until the sauce has reduced and thickened.
3. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 82; Fat: 4.9g; Carbs: 6.4g; Protein: 2.9g

Saffron Pistachio Beverage

Servings: 2
Cooking Time: 0 Minute

Ingredients:

- 8 strands of saffron
- 1 tablespoon cashews
- 1/4 teaspoon ground ginger
- 2 tablespoons pistachio
- 1/8 teaspoon cloves
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon cardamom powder
- 3 tablespoons coconut sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon fennel seeds
- 1/4 teaspoon poppy seeds

Directions:

1. Place all the ingredients in the order in a food processor or blender and then pulse for 2 to 3 minutes at high speed until smooth.
2. Pour the smoothie into two glasses and then serve.

Garlic Alfredo Sauce

Servings: 4
Cooking Time: 5 Minutes

Ingredients:

- 1 1/2 cups cashews, unsalted , soaked in warm water for 15 minutes
- 6 cloves of garlic, peeled, minced
- 1/2 medium sweet onion, peeled, chopped
- 1 teaspoon salt
- 1/4 cup nutritional yeast
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 2 cups almond milk, unsweetened
- 12 ounces fettuccine pasta, cooked, for serving

Directions:

1. Take a small saucepan, place it over medium heat, add oil and when hot, add onion and garlic, and cook for 5 minutes until sauté.
2. Meanwhile, drain the cashews, transfer them into a food processor, add remaining ingredients including onion mixture, except for pasta, and pulse for 3 minutes until very smooth.
3. Pour the prepared sauce over pasta, toss until coated and serve.

Nutrition:

- InfoCalories: 439 Cal ;Fat: 20 g :Carbs: 52 g ;Protein: 15 g ;Fiber: 4 g

Favorite Cranberry Sauce

Servings: 8
Cooking Time:15 Minutes

Ingredients:

- 1/2 cup brown sugar
- 1/2 cup water
- 8 ounces cranberries, fresh or frozen
- A pinch of allspice
- A pinch of sea salt
- 1 tablespoon crystallized ginger

Directions:

1. In a heavy-bottomed saucepan, bring the sugar and water to a rolling boil.
2. Stir until the sugar has dissolved.
3. Add in the cranberries, followed by the remaining ingredients. Turn the heat to a simmer and continue to cook for 10 to 12 minutes or until the cranberries burst.
4. Let it cool at room temperature. Store in a glass jar in your refrigerator. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 62; Fat: 0.6g; Carbs: 16g; Protein: 0.2g

Bbq Sauce

Servings: 20
Cooking Time: 28 Minutes

Ingredients:

- 1¼ cups red wine vinegar
- 1¼ cups brown sugar
- ½ teaspoon celery seeds
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 4 teaspoons hickory-flavored liquid smoke
- ½ cup molasses
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- ¼ teaspoon chili powder
- ¼ teaspoon ground cinnamon
- 2 cups ketchup
- 2 tablespoons coconut oil
- 2 cups tomato sauce
- Salt and ground black pepper, as required

Directions:

1. Put all the ingredients to a pan and cook for about 3 minutes over medium heat, stirring occasionally.
2. Turn the heat to low and let the ingredients simmer for 25 more minutes.
3. Remove from the heat, cool and serve.

OTHER FAVORITES RECIPES

Thanksgiving Herb Gravy

Servings: 6
Cooking Time:20 Minutes

Ingredients:

- 3 cups vegetable broth
- 1 ½ cups brown rice, cooked
- 6 ounces Cremini mushrooms, chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/2 teaspoon garlic, minced
- 1/4 cup unsweetened plain almond milk
- Sea salt and freshly ground black pepper

Directions:

1. Bring the vegetable broth to a boil over medium-high heat; add in the rice and mushrooms and reduce the heat to a simmer.
2. Let it simmer for about 12 minutes, until the mushrooms have softened. Remove from the heat.
3. Then, blend the mixture until creamy and uniform.
4. Add the remaining ingredients and heat your gravy over medium heat until everything is cooked through.
5. Serve with mashed potatoes or vegetables of choice. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 165; Fat: 1.6g; Carbs: 33.8g; Protein: 6.8g

Grilled Tofu Mayo Sandwiches

Servings:2
Cooking Time:15 Minutes

Ingredients:

- ¼ cup tofu mayonnaise
- 2 slices whole-grain bread
- ¼ cucumber, sliced
- ½ cup lettuce, chopped
- ½ tomato, sliced
- 1 tsp olive oil, divided

Directions:

1. Spread the vegan mayonnaise over a bread slice, top with the cucumber, lettuce and tomato and finish with the other slice. Heat the oil in a skillet over medium heat. Place the sandwich and grill for 3 minutes, then flip over and cook for a further 3 minutes. Cut the sandwich in half and serve.

Tamari Toasted Almonds

Servings: 1
Cooking Time: 8 Minutes

Ingredients:

- ½ cup raw almonds, or sunflower seeds
- 2 tablespoons tamari, or soy sauce
- 1 teaspoon toasted sesame oil

Directions:

1. Preparing the ingredients.
2. Heat a dry skillet to medium-high heat, then add the almonds, stirring very frequently to keep them from burning. Once the almonds are toasted, 7 to 8 minutes for almonds, or 3 to 4 minutes for sunflower seeds, pour the tamari and sesame oil into the hot skillet and stir to coat.
3. You can turn off the heat, and as the almonds cool the tamari mixture will stick to and dry on the nuts.

Nutrition:

- Info calories: 89; total fat: 8g; carbs: 3g; fiber: 2g; protein: 4g

Chocolate Mousse Cake

Servings: 4
Cooking Time: 40 Minutes

Ingredients:

- 2/3 cup toasted almond flour
- ¼ cup unsalted plant butter, melted
- 2 cups unsweetened chocolate bars, broken into pieces
- 2 ½ cups coconut cream
- Fresh raspberries or strawberries for topping

Directions:

1. Lightly grease a 9-inch springform pan with some plant butter and set aside.
2. Mix the almond flour and plant butter in a medium bowl and pour the mixture into the springform pan. Use the spoon to spread and press the mixture into the bottom of the pan. Place in the refrigerator to firm for 30 minutes.
3. Meanwhile, pour the chocolate in a safe microwave bowl and melt for 1 minute stirring every 30 seconds.
4. Remove from the microwave and mix in the coconut cream and maple syrup.
5. Remove the cake pan from the oven, pour the chocolate mixture on top making to sure to shake the pan and even the layer. Chill further for 4 to 6 hours.
6. Take out the pan from the fridge, release the cake and garnish with the raspberries or strawberries.
7. Slice and serve.

Nutrition:

- al infoper serving: Calories 608 Fats 60.5g Carbs 19.8g Protein 6.3g

Mushroom Steaks

Servings: 4
Cooking Time: 24 Minutes

Ingredients:

- 1 tablespoon vegan butter
- ½ cup vegetable broth
- ½ small yellow onion, diced
- 1 large garlic clove, minced
- 3 tablespoons balsamic vinegar
- 1 tablespoon mirin
- ½ tablespoon soy sauce
- ½ tablespoon tomato paste
- 1 teaspoon dried thyme
- ½ teaspoon dried basil
- A dash of ground black pepper
- 2 large, whole portobello mushrooms

Directions:

1. Melt butter in a saucepan over medium heat and stir in half of the broth.
2. Bring to a simmer then add garlic and onion. Cook for 8 minutes.
3. Whisk the rest of the ingredients except the mushrooms in a bowl.
4. Add this mixture to the onion in the pan and mix well.
5. Bring this filling to a simmer then remove from the heat.
6. Clean the mushroom caps inside and out and divide the filling between the mushrooms.
7. Place the mushrooms on a baking sheet and top them with remaining sauce and broth.
8. Cover with foil then place it on a grill to smoke.
9. Cover the grill and broil for 16 minutes over indirect heat.
10. Serve warm.

Baked Potatoes & Asparagus & Pine Nuts

Servings:4
Cooking Time:50 Minutes

Ingredients:

- 1 bunch of asparagus, sliced
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 5 cups fresh baby spinach
- Salt and black pepper to taste
- 1 tsp dried basil
- ½ tsp dried thyme
- 2 potatoes, sliced
- ½ cup vegetable broth
- 2 tbsp nutritional yeast
- ½ cup ground pine nuts

Directions:

1. Preheat oven to 370 F.
2. Heat half of the oil in a skillet over medium heat. Place in garlic, spinach, salt, and pepper and cook for 4 minutes until the spinach wilts. Add in basil and thyme. Set aside.
3. Arrange half of potato slices on a greased casserole and season with salt and pepper. Top with the asparagus slices and finish with the spinach mixture. Cover with the remaining potato slices.
4. Whisk the broth with nutritional yeast in a bowl. Pour over the vegetables. Sprinkle with remaining oil and pine nuts. Cover with foil and bake for 40 minutes. Uncover and bake for another 10 minutes until golden brown. Serve warm.

‘sweet Tang’ And Chia Smoothie

Servings: 2
Cooking Time: 0 Minute

Ingredients:

- 4 large plums
- 2 tablespoon chia seeds
- 1/2 cup pineapple chunks
- 1/2 cup ice cubes
- 3/4 cup coconut water

Directions:

1. Place all the ingredients in the order in a food processor or blender and then pulse for 2 to 3 minutes at high speed until smooth.
2. Pour the smoothie into two glasses and then serve.

Nutrition:

- InfoCalories: 406 Cal ;Fat: 9.3 g :Carbs: 77.4 g ;Protein: 6.3 g ;Fiber: 13 g

Kale And Lemon Salad

Servings: 4
Cooking Time: 10 Minutes

Ingredients:

- 5 cups of chopped kale
- 1 teaspoon of minced garlic
- ½ a tablespoon of maple syrup
- 2 tablespoons of lemon juice, freshly squeezed

Directions:

1. Combine the garlic, maple syrup and lemon juice in a large bowl and whisk to combine.
2. Add the kale and massage the dressing into it for two minutes before serving.

Cuban-style Millet

Servings:4
Cooking Time:40 Minutes

Ingredients:

- 2 tbsp olive oil
- 1 onion, chopped
- 2 zucchinis, chopped
- 2 garlic cloves, minced
- 1 tsp dried thyme
- ½ tsp ground cumin
- 1 (15.5-oz) can black-eyed peas
- 1 cup millet
- 2 tbsp chopped fresh cilantro

Directions:

1. Heat the oil in a pot over medium heat. Place in onion and sauté for 3 minutes until translucent. Add in zucchinis, garlic, thyme, and cumin and cook for 10 minutes. Put in peas, millet and 2 ½ cups hot water. Bring to a boil, then lower the heat and simmer for 20 minutes. Fluff the millet using a fork. Serve garnished with cilantro.

Mediterranean Chickpeas With Vegetables

Servings:6
Cooking Time:40 Minutes

Ingredients:

- 3 tbsp olive oil
- 1 red onion, chopped
- 2 carrots, chopped
- 1 celery stalk, chopped
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1 tsp ground cumin
- ½ tsp turmeric
- 2 parsnips, peeled and chopped
- 8 oz green beans, chopped
- 1 (15.5-oz) can chickpeas, drained
- 1 (14.5-oz) can diced tomatoes
- 1 ½ cups vegetable broth
- 2 tbsp minced cilantro
- 1 tsp fresh lemon juice

Directions:

1. Heat the oil in a pot over medium heat. Place in onion, carrots, celery, garlic, and ginger. Sauté for 5 minutes. Add in cumin, turmeric, parsnips, green beans, chickpeas, tomatoes and juices, and broth. Bring to a boil, then lower the heat and sprinkle with salt and pepper. Simmer for 30 minutes. Sprinkle with lemon juice and cilantro and serve.

Teff Porridge With Dried Figs

Servings: 4
Cooking Time:25 Minutes

Ingredients:

- 1 cup whole-grain teff
- 1 cup water
- 2 cups coconut milk
- 2 tablespoons coconut oil
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 4 tablespoons agave syrup
- 7-8 dried figs, chopped

Directions:

1. Bring the whole-grain teff, water and coconut milk to a boil.
2. Turn the heat to a simmer and add in the coconut oil, cardamom and cinnamon.
3. Let it cook for 20 minutes or until the grain has softened and the porridge has thickened. Stir in the agave syrup and stir to combine well.
4. Top each serving bowl with chopped figs and serve warm. Bon appétit!

Nutrition:

- InfoPer serving: Calories: 356; Fat: 12.1g; Carbs: 56.5g; Protein: 6.8g